

**ABSTRACT OF THE DISCLOSURE**

A method and system for composing and sending a video e-mail from a user to a receiver. A video source, such as a digital camera is used to take still or moving pictures which would be stored in the hard drive of the sender's personal computer. A central web server is contacted by the sender and the sender is then provided with a unique number to be associated with the video e-mail. At this point, the video e-mail is sent to the central server. The receiver is contacted indicating that a video e-mail has been sent to the receiver. The receiver would then contact the central server which would then transmit the video e-mail to the receiver to be viewed on the web browser of the receiver's personal computer.